



**Hotline**  
offers help  
Students reminded  
of confidential  
counseling services  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Recycle and  
upcycle**  
These items help  
the environment  
and are unique  
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Friday, January 16, 2014

CONCORDIA COLLEGE, MINNEAPOLIS, MN

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SP14-0001 - PG. 1

## Everything in moderation

BY MERRAN WEAVER

Concordia Students live an encouraging students to eat healthy. It not helps the mind, body and soul.

As part of their mission, the spiritual resources present a cookbook that includes a diet plan and featured a diet for the first.

All signs were stopped up as they are planning to start up a for the next school year.

Last summer C&I brought in a chef to help promote dishes that could be found in the cookbook, such as a California P&T.

"The main theme was with the students to promote the recipes in the book," said Christian Jones, C&I president. "All the recipes in there C&I members have tried. We took them to home and made them. They are all pretty good."

"The stress back to our food supports and food system. We know it is important for students to be eating healthy when they attend school. If you can find the body well, you can find the brain. With the cookbook, what we wanted to do was give a few easy recipes that were both cost-effective and healthy. We wanted something that could be cooked on a budget," said Jones.

"It also goes through interesting stories to help people get comfortable with multiple options in the kitchen. Often,



Christian Jones, C&I president, holds the student association's cookbook that was made to promote their healthy eating initiative. C&I hopes to print it every year and hand it out for free.

you are living away from your parents and you have to cook for yourself, so we think providing students with an easy way to do that is beneficial."

During college years, students are trying to find time to do homework, study for exams and tests go home and want family work and go out with their friends.

The work may be feeling long and stressful full of assignments. Since books a community development officer encourage students to always find time to do these

three meals and snacks into their schedule.

"In your college years, you're learning as much as you possibly can, and at that point you want to give your mind — and body — the best possibility to stay on the longest ground. Not eating, staying up late, eating only junk food and not having breakfast can have a toll on your cognitive processes and focus," said Banks. "Eat healthy to maintain being healthy."

Lunch money is tight when you are also paying for your education. Students will find ways to eat better a change when walking through the cafeteria.

"We eat greens and carbs which are good, but we are lacking in fruits and vegetables — which can be more expensive," Banks said.

"There are a lot of different ways to eat healthy during your school day. Drinking around the clock in C&I, so long as the food is healthy. We focus on fruits and vegetables. There is a bag of nuts or a bag of cheese chips with crackers nearby."

"Also stay hydrated. Drink lots of water during the day. Drinking coffee can dehydrate you. Also don't forget milk."

Banks believes eating healthy is a must, but you don't have to eat out comfort foods to do so, just eat them in moderation.

## 73% of people break their resolutions

BY BERNADEA DOLING

It is now halfway through January and New Year's has come and gone. Champagne glasses were clinked, confetti was thrown and resolutions were made.

The top five resolutions in Canada are: live a healthier lifestyle (including eating healthier and working out), financial (cutting down on expenses, saving more time with family and friends), to treat to me a self and have something new. These may be the top five but they don't mean they are high in numbers. Approximately only 31 per

cent of Canadians will make a New Year's resolution, and approximately 73 per cent of those people will eventually break them according to a recent Ipsos survey.

This means only 17 per cent of people actually achieve their goals, which are usually simple and tangible ones.

"It is frustrating that the number one specific goal people the better I am at keeping them," said University graduate Lindsay Goodrich. "They lose their weight and go to the gym five times a week never happens. But write in my New Year's day every journal every day or remember to turn on

things I've actually stuck to."

With all of these resolutions being made and with it being the start of a new school semester it seems as though Concordia students aren't any different. They tend to focus on school and share their newly made resolutions to the side.

The first two weeks of January people stick to the "new year, new me" slogan. However, it takes only two to four weeks for most students to discard their most recent commitments to bettering themselves.

"I always make about five or 10 resolutions and then break them on Jan. 5," said Heather

Faletic, a first-year early childhood education student. "Most of them are (usually) about school or fitness."

Eventually even making goals about school don't last long. The reason it is so easy to make and set a goal, but that doesn't mean it's going to be easy to follow through with it. Stress and procrastination come about in the early weeks of a semester, and along with procrastination comes the "keeping" of resolutions previously made.

Fit in Concordia David Smith, 30, said:



PHOTO BY BERNADEA DOLING

Anything to eat healthy is hard when nutritious choices are placed beside junk food.





Student Jurgan is one of the many students employed on campus who, thanks to a flexible work schedule, can balance school sports and work.

# Working around the school schedule

BY MATTHEW EVANAGLIA

Conestoga College's front campus is full of services and shops such as The Hardware Plus Pet the Storey, The Bookstore and even the recreation center. Finding a part-time job while at school is easier than ever and the college's attitude toward their student workers shows they are quite aware of exactly who they're hiring.

"They actually work completely around my school schedule and my sports schedule as I can work between classes or after classes," said Sherell Jurgan, a second-year registered nursing student who works at the recreation center.

"I get about 20 hours a week here so that pays for my car insurance and my other needs. I would say it's enough for me."

Usually working on a campus employment can put one down as a difficult position. Work along with homework, studying and classes can cause more stress for students than it alleviates.

The college also realizes that if you have to work, accepting the right position can be beneficial for one's career plans after college. Thomas Ellen Kewer Haden, a third-year health care degree public relations student at Conestoga, has a part-time job working at the recreation center.

gains work experience.

"I proposed it to the manager a year ago to volunteer my time for a co-op position and he thought it was a pretty good idea to have someone with a communications background working at the recreation center," Haden said.

"Being here has helped me figure out the steps I need to take to get to that point. I've had the opportunity to work with different members of the upper management. You learn a lot of things."

The college has a block of students at the beginning of each semester and then again for the summer. During the fall semester there will still students working part-time. Working around stu-

dents' conflicting school schedules requires the college to have several applications for new positions.

Conestoga's MyCareer web site is an online resource for students looking for work. A list of jobs available is an exposure, that Conestoga's human resources department doesn't even handle the hiring process.

"Each department and school is responsible for their own student hiring," said Andrea Seale Dodge a human resources specialist for Conestoga College.

The site is accessible from the home page of the school website and connects students to a network including internships, co-op and part-

time work on and off campus.

"We have a hiring process where we come on campus and meet before school, and then they then we select people for interviews, and then a scoring process for the interviews and the board on their score they would get the position," said Andrea Seale, the recreation facility coordinator.

"We're looking for students to develop," said their "Strong and all keeping an experience."

"I feel like it's their" said Haden, referring to the application process. "There is no stress unless the working where you want to work, but otherwise stress or maintenance work."

# Victory at Standing Rock – for now

They did it! Protesters at Standing Rock, North Dakota, have finally gotten through to the U.S. federal government, putting a halt to the construction of the Dakota Access pipeline.

The pipeline was supposed to run under the Missouri River which Native American and environmental activists feared would undermine the river water supply and destroy sacred sites. After spending three-quarters of 2016 protesting peacefully setting up camp and attracting worldwide attention, those who came together to stand up for what they believed in were finally successful.

The Obama administration, whether it was because of some last-minute moral consciousness, or because war

reference were showing up to support the protesters, came to the conclusion that it was time to find an alternative route for the pipeline.

I really really hope that this alternative route is found and used. The U.S. Army Corps of Engineers are currently responsible for the "protection" of the river surrounding Standing Rock, and also responsible for ensuring the land the alternative route to bypass the river and avoid native land.

My hope that is when president-elect Donald Trump takes power in three days the media have then when said to find an alternative route shown that the way that Trump has made it clear that he supports the pipeline, even during the appointment



James Webb Opinion

is 100,000 to \$1 million in support of its construction. A president who would support an oil and coal market and doesn't believe that climate change is caused by humans should not be allowed to have a voice of power in the nation.

We all know politics can be slippery at times, which makes this part really interesting. Upon seeing my news notifications about the victory at Standing Rock pop up on my phone, I thought

to myself, is this real? Well of course it is real, but is it a victory? That was my biggest concern when I first saw the "Victory" headlines.

It turns out though that I am not the only one who thinks that. From the sounds of it, after reading a couple of different articles published by CNN and Vice News, protesters and the group of 1,000 living at Standing Rock may have won. The next step is, has been asked to pick up their things and head home now that they have been told that their protest was a success.

However, as slippery as I understand politics can be, I think this is a true victory on the protesters' part. Many protesters believe that this could be a play to remove

them from Standing Rock in order to prevent with the construction of the pipeline. I agree, but going to be a real and tough road over to remove the equipment, the water, but I believe it is in the best interest of the protesters to remain there until there is a guarantee that the pipeline location won't impact the state or them.

This was a great victory for the people of Standing Rock, North Dakota, as well as a victory for all humanity. Here it was proven that we matter the oppression by big business, multinational police or the government of a country, standing up for what you believe in shows us all the power people still possess in this world.

# Upcycling has a wonderful upside

BY WENDY BRIDGES, B.A. BSN

Turning old into new is what we do in the fashion world, and in the world of upcycling, it's a whole new game. It's about taking old clothes and giving them a new life.

Joanne Bridges is the name of the local artist Emily Bridges. She's a shop where she sells her upcycled vintage items. Upcycling is a term used to describe previously loved items that have been refashioned to either a better state or to give them a new, completely flipped and made into something different. She buys vintage dresses, skirts and shorts and either tears them up or adds different details like the chain or party flags and her own jewelry.

Bridges said she just has to start spending her own time while she was in Australia visiting a few friends. She had walked into a store with many different and unique items and upon a closer look she realized everything being sold in the store was upcycled.

"They had made clothing from old clothes. That was the first time I had heard about upcycling," Bridges said.

"Upcycling became a way that I could reflect how someone's Australian style or how someone's different from Canadian style or at least it was at the time. It's just getting and at that time it just seemed to line up with my environmental values."

Bridges who is also an advocate for environmental issues, also addresses the ethical side of fashion by trying to provide an alternative to overproduced clothing.

"It's all overwhelming actually. Upcycling for me now provides an alternative for people who want something outside of what's being sold. And I realize it doesn't solve everything because I'm working with clothing that most likely has been produced in such working conditions. So then it really ties in with that environmental factor where I'm prolonging the life of a garment as much as possible," said Bridges.

She has journey to trying to build up her own business online. Bridges ran into an issue that she had not originally thought about – minimum wages in Ontario.

"I was selling my dresses for \$30, sometimes less and in

the amount of hours it took me to create each dress plus materials... I was just not getting paid enough. Even this past year I sold a dress for \$11 and ended up making like \$1 in profit."

The way she has decided to tackle her issue is to keep track of every minute she has worked on a new creation and upcycling that time. She'll do that and minimum wages plus the cost of materials. She includes the math in her posts and hopes to see for people to be confused as to where their money is going.

To see her work go to Instagram and search just-bridges.



This is a first-hand photo of the first handmade by Bridges.



Photo courtesy of Emily Bridges.

Bridges' Bridges made a lot of the altered dresses in a male store on Bay.

# Conestoga JOB FAIR 2017



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# Ocean photographer dives deep

BY JESSICA K. SHAW

How many humans do you know who can say they have spent over 18,000 hours underwater?

Drew Sherry, a National Geographic photographer, has done just that. Over the last 30 years, Sherry has spent that time using his camera to create images of some of the ocean's inhabitants. He also took the time to spend a night in a part of the Center on the Square's last past explore series called *National Geographic Live! Bob Poole, a wildlife filmmaker, Josh Cobb, a photographer, and Mike Herring, a geologist, will be speaking about their dives, even an upcoming trip.*

On Nov. 30, Sherry took his audience into the deep as he told stories and shared crisp photos and awe-inspiring short videos that bring to the audience to life in front of the audience area at the Center, *Wild: The Light Remains the Same*.

Sherry began his journey to becoming a underwater photographer at a young age.

"I loved all exploration. I wanted to be an explorer. I mean, I wanted to be a good guy. I loved many different things but there was something about the ocean. I think that really spoke to me," he said. However, he had to wait until he was 15 to get his scuba certification. "In that point I just wanted to be an ocean explorer. I wanted



Photo by Michael LaBrie

Underwater photographer Drew Sherry captivates his audience with stories of his adventures at Center on the Square.

to see sharks and whales and dolphins and deep-sea and all kinds of things."

At 16, he attended a diving conference in Boston, the oldest dive show in the world, known as the Boston Sea Show where he met the audience surrounded by photographers and documentary filmmakers who were documenting their work. Sherry had a life-changing moment.

"I had a moment of an epiphany where I said, this is what I want to do, you know, that's the perfect career. I will explore the ocean with a camera," he said.

Sherry just finished 37th article for National Geographic

published, a three-part series on sharks, and he does not share signs of stopping. He plans to begin a new series on the topic of whale wisdom in 2017 and will spend the next few years working on it.

During his lecture, he touched on many things including dolphin intelligence and whale culture.

In the early stages of his work on dolphin intelligence, Sherry asked one of the researchers he worked with, a behaviorologist, just how smart dolphins really are and was met with the answer, "We don't know, maybe the

best question is how do we know dolphins are smart?"

He went on to tell of dolphins unique feeding strategies that change depending on where in the world they live. There are bottlenose dolphins doing mother-feeding by education and even in Phoenix going up on the beach to grab and pupa - they are the only pod in the world known to exhibit this behavior.

He also spoke about Denise Herring who has spent much of her life researching and communicating with wild dolphins after developing the technology to do so.

"So she's correlated the

clicks and what's with our loss things that they're saying, so if they are something in the water like a piece of seaweed, there is a certain pattern of bubbles they have a word, essentially, for seaweed," said Sherry.

Herring, along with a researcher at the Georgia Institute of Technology created a wearable device that allows her to communicate with the dolphins.

Sherry has spent years exploring the sea. With National Geographic as his platform he has been able to bring attention to the beauty, mystery and state of the ocean and its inhabitants.

"We need to do this, we need to, sometimes not see ourselves above or apart from nature but what we need to be connected and a part of it," he said, adding he hopes that

the world will soon grasp the ocean's importance. "I believe that this isn't too late, that if we protect big places in the ocean, productive places, biodiversity places, that it will do great things," Sherry said.

In the *National Geographic Live!* series continues in 2017 at the Center on the Square. Wildlife filmmaker Bob Poole will take the stage Feb. 23, photographer Josh Cobb will be on March 20 and paleontologist Mike Herring will appear on May 31. For more information and to save your seats, visit [www.centeronsquare.com](http://www.centeronsquare.com) or call 519-875-3576.

## PAINTBALL H.Q. BUILDING A PLACE TO PLAY THEIR GAMES



Photo by Michael LaBrie

Paintball Magazine program for a game of paintball on Dec. 4 in Barrie. The players build structures and create their playing field for a variety of games. For video along, go to [www.sportslive.com](http://www.sportslive.com)

skin cancer is more prevalent than breast, prostate, lung and colon cancers combined. Not a pretty picture.

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# Don't make a resolution

BY ROBERT JAMES

Is it safe to assume that you have spent up your New Year's resolution yet? This year my New Year's resolution was not to have one. Instead, I promised myself I would make small changes every day to better myself. After all, the calendar can't tell me when I need to change.

The first of January marks the beginning of a new year and a day to promise self-improvement. Each year millions of people make resolutions which are quickly abandoned, including to give up smoking, suffer or abstain, to make more money or to become more active by joining a local gym.

While plenty of people sign up for gyms in January to help them lose weight or get fit, membership fees tend to double once they start. During the gym as the top five resolution goals had approximately 80 per cent of January memberships are cancelled by the second week of February.

In 2016, Pulse Canada polls found only one third of Canadians make a New Year's resolution, and 73 per cent of those usually break them.

New Year's Day is the perfect day to re-evaluate goals and to acknowledge past accomplishments. However, it is not the only day to set goals or resolve and should not be viewed as such. Change is a beautiful because it can happen at any time and the deciding factor is not a later than you.

Resolutions have been around for thousands of years. As part of a 14-day festival in mid-March, Babylonians created a new law or reinforced loyalty in the morning long, and also made promises to the gods in any their debts and return borrowed objects. If they kept their word, they thought the gods would become kinder to them for the coming year. The Romans had a similar practice, but offered sacrifices.

But, we should not limit ourselves to making change on religious days or just end on such a tight schedule like January, try to better yourself each day. Change is easier when there is a plan and when it is not rushed. You can sit and think about the things you would like to change, just make sure to take it one step at a time.

Today try to be a better you than you were yesterday, and tomorrow try to be better than you were today.

The new year represents the promise of the new year, not a resolution like another.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be edited for clarification. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 2000 Duane Valley Dr, Room 1010, Kitchener, Ont., N2G 4M4.



The only New Year's resolution we ever seem to achieve:



New Year's resolution: Casual promises to oneself that no one intends to keep

## New abortion pill a great option

Women across the country will soon have another choice in terms of abortion, with the long-proposed version of an abortion pill. The new oral abortifacient for Canadian women, which has been delayed since November, comes in the form of the pill, Mifepristone, which was approved by Health Canada in July 2016.

The exact date of the release is still uncertain, but the Canadian distribution company responsible for the drug, Celgene Inc., said that sometime this month it will be anticipated that the new drug will be available to women. The drug is a new option for women who want to abort.

Mifepristone, also commonly referred to as RU-486, will be a large step forward for pro-choice advocates in Canada, since it is a new option. While only one in 10 Canadian hospitals offering abortion in 2016, the new drug will allow more women across the country to get the pill they need, when they need it.

Canada's Minister of



Andrew Desrochers  
Opinion

Health, Joe Philpott, announced that the new oral abortifacient, which has been delayed since November, comes in the form of the pill, Mifepristone, which was approved by Health Canada in July 2016.

**"This is both a terrific new option for Canadian women as well as a benchmark in the fight for choice."**

Medical abortion has been available in Canada for a number of years, but due to the procedure requiring what would normally be unaccompanied doses of drugs, many doctors would not provide the service. Now, they will be able to provide a medical abortion, thereby increasing the availability of the service to women.

The pill, which was previously only available to medical professionals and in a small number of first-aid centres, is now available through a number of different types of providers.

The first steps toward taking a new oral abortifacient in drug which blocks the effects of progesterone, a hormone that is needed for pregnancy to continue. The medical abortion takes one or two days after the start of the signs of a new pregnancy, which is usually before the process of a miscarriage.

Mifepristone is accompanied by a strong 1000 mg dose of a number of other medications, but has been available in other countries for over 20 years and is now used in 40 more around the globe.

This is both a terrific new option for Canadian women as well as a benchmark in the fight for choice.

## SPOKE

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**HOROSCOPE**

Week of January 18, 2010

**Aries**

March 21 - April 19

Don't be afraid to show your leadership qualities. The people in your life may appreciate you more for the actions you take. The standard spark may light the biggest fire in town.

**Taurus**

April 20 - May 20

Remember to make sure, keep your chin up, and don't worry about you get in a world filled with uncertainty you are responsible for making your own happiness.

**Gemini**

May 21 - June 21

Keep your ear to the ground. Forgetting about your own problems and listening to others can give you a new awareness of your own situation.

**Cancer**

June 22 - July 22

Time to drop your dirty bomb. It's time to find something more productive to do. You can do it, and you might even see the results start clicking right up again.

**Leo**

July 23 - August 22

Time is an important part of dialogue. Watch how you spend this week, opportunities may arise which you may miss and do not come to hand.

**Virgo**

August 23 - September 22

Go ahead and be delicious (and best covered with family). If you have a family then ask them everything you're ever wanted to know. One day they might be gone.

**Libra**

September 23 - October 23

Are you seeing anyone? Good thoughts are important, and sometimes it's safe to see the signs of a true relationship before you or someone you know gets hurt.

**Scorpio**

October 24 - November 21

Your power of mind is important but so are your emotions. Sometimes you need to have a couple nights of sleep to get ahead in life and you know you are a little bit.

**Sagittarius**

November 22 - December 21

Look to yourself. Your hard working nature will bring you happiness but only if you put your best at yourself.

**Capricorn**

January 20 - February 19

Stay hydrated. It might not do anything for you physically, but keeping hydrated can be good for your mental health.

**Aquarius**

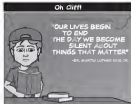
February 20 - March 20

Don't let your power of mind be wasted on the computer. In the coming weeks your status will return. Use this time now to enjoy your favorite hobby or time with your closest friends.

**Pisces**

March 21 - March 20

It will never get better. That four words you will never know. Use this knowledge in your advantage. Take what you desire about what you're doing.



Martin Luther King Jr. a birthday in today. In commemoration the values of courage, truth, justice and compassion.

**Useless Facts**

The name Wendy was made up for the book "Peter Pan." There was never a recorded Wendy before.

The very first bomb dropped by the Allies on Japan in the Second World War killed the only elephant in the Berlin Zoo.

The first CD pressed in the US was Prince & The New Power Generation's *Love Symbol Album* in 1992.

The original name for butterfly was *Butterfly*.

Monks may be old, but monks are indeed smart.

**Sudoku Puzzle**

		7		1				
3		1	9			5	8	
2			4	3	7		1	
6			1	8				
	7	2	5	4		1		
		4		2	6		9	
		3			9			8
	9	5		8	2		6	
	8			5	1	9		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodate the digits 1-9, without repeating any.

**Word Search****Winter**

U M R O T E D Z X B E S S N  
W S E K V E N P S R D Z I N U Z  
H E E D S A A X B U J Q C O K K  
I S O D O T S R K T O B J W K P  
T H V O N C L X A P B O M H J L  
B Q R U I N L J L L P O S O A P  
D W L B D G A G F U L T D B T U  
H O Y D D T F A U C A S Z I L O  
G L R E E S W M H R Y U J L A G  
P O B I L O Q F L U R E I B S S  
H W P F S O N W M A N F B S H  
O R P T J E S T Y F I S R I N O N  
C R I L W F B M C R C A P S S  
K N L J O F M T D I B P W N W I  
E T S I Z W O T M Q Q G O H N U  
Y S L I D I N G O X S K I I N G X

BOOTS  
BLUFF  
FROSTING  
FLAKES  
FLAVORS  
FUN  
HOCKEY  
ICY  
PLAY  
FLAT  
SALT  
SAND  
SCARF  
SCULPTURE  
SHOVEL  
SLIDING  
SKATING  
SKIING  
SLUING  
SUPPLY  
SNOWBALL  
SNOWFLAKES  
SNOWMAN  
SNOWMOBILE



Epiphany Struggle: A battle in heaven between mortal righteousness and a regular human. The idea depicts young adult novels and traditions.

# Have we all become nerds?

There has never been a better time to be a nerd. Close are the days when the label could mean bullying or harassment. Now it is a label of pride for millions and elements of pop culture have even become mainstream.

Only a few decades ago it was normal for someone who preferred video games to sports, or a more down-market to movies, to be ruthlessly picked on and bullied. For years the only solace that a geeky kid had was that there was a good chance they would be more successful than their bullies and for the common geeks that was true but not everyone who reads comic books goes to avoid a look company to the nerds did when they submitted before them had

and compared popular culture.

Two of the top TV shows are *Game of Thrones* and the *Walking Dead*. The former is based off a bestselling fantasy novel series, while the latter started life as a comic book. A similar phenomenon has occurred in film, with *Star Wars* and comic book movies dominating the box office in 2016.

Shows that delve into nerd culture are among the most popular out there. The Netflix series *Stranger Things*, for example, was one of the most talked about new shows of 2016, and the show is chock full of nerdy goodness. *Dungeons and Dragons*, the popular role-playing game, gave the series its launch point and



Scott  
Solters  
Editor

entertainment has several of the characters from the events of the show.

The explosion of nerd culture is not just a harbinger of film and TV. Video games, one of the standard features of geekdom, are now a primary component for film and TV. The video-game industry, a worth approximately \$100 billion and growing. Many parents feel that their kids play games more often than they watch TV, movies and music.

The nerds have taken over popular culture by dominating film and TV with their expertise and burgeoning video games on the mainstream but things have also gone professional and now you have paid major industries. The Internet, particularly social media, has allowed people to connect on a level that was not even heard of only a few decades ago, and we are now becoming more than nerds. You take the largest player in online video, as dominated by channels devoted to gaming.

Outside of digital media, things are much less professional, and you have to look a little harder to see how things are improving for geeks. Board game culture on the internet trend on the

industry. These events are a sign of their success with video games, which shows us enjoy with a little, but it is undeniable. The idea of games is still as instantly as the word, camp with a heavy emphasis on short-term strategy games, a long-term game plan.

It is now OK to be a geek, and the label has begun to lose much of its negative connotations. It means popularity sometimes comes with its own set of problems and nerds can sometimes be found supporting one who is a real nerd, in the same way a film nerd might say to you that if you have to use a camera. Some, you have nothing about movies. In the whole, however, the 2016 was a good time to be a nerd.

## WINTER WEATHER AND CONSTRUCTION IS A BAD MIX



PHOTO BY SCOTT BLUMBERG

Workers are trying hard to complete construction on King Street, which is being altered to accommodate the I-97. However, it is still ongoing, from Victoria to Union streets. With the winter weather, traffic in the area will likely only get worse.

## FINDING HARMONY TO END MS



PHOTO BY SCOTT BLUMBERG

Fay Miller performs at the third annual MS concert, in harmony at the end of the Canal Center for the Performing Arts in Kalamazoo on Dec. 10. For more info, visit [www.speakoftheart.com](http://www.speakoftheart.com).

# Good2Talk is all ears for post-secondary students

BY CHERRY FORD

Every post-secondary student in Ontario has felt the heavy weight of stress. Whether that stress is due to studies, home life, financial matters, work or relationships, they all give it their own twist. But at all these times, a healthy way to get help is to talk to someone who can help with that.

"The latest National College Health Assessment survey found that nearly 60 per cent of Canadian post-secondary students feel overwhelmed and stressed about their personal, social or academic life," said Megan Van Marter, executive coordinator at Good2Talk. "Those numbers are really high – higher than they

should be – and that's why Good2Talk is so important."

Good2Talk provides students with confidential, bilingual, professional counselling. They also provide information and referral services all day every day 365 days of the year. The program is providing help-seeking on 37 different Ontario post-secondary campuses. Good2Talk is one of the post-secondary networks that is working in conjunction with Good2Talk.

"It helps do a good thing that you can go to and get help with. The service is especially good for students with high academic and different social barriers, and it means help seekers into a service they may not have ever experienced."

That help you go to school, at a time, at a moment, that's how good it is. You're mental health and financial concerns for students' demands and pressures. It's a good option to be able to find someone at the end of a phone who can help with those services or more."

Good2Talk posters have been put up around Ontario, advertising the helpline. Students can also go to the Counselling Services office at their own and campuses regarding the service. The service is especially good for students with high academic and different social barriers, and it means help seekers into a service they may not have ever experienced.

"This completely free of

all Good2Talk, and through the campaign with help-seeking students who don't have to be a stress to go to Good2Talk, said," said Van Marter. "Professional counselors on the help line can help students work through any challenges impacting their life being on the help line. We have to find resources on and off campus."

So far, the service has been successful. According to Good2Talk, students can contact 61 per cent of all calls when they Good2Talk and they did call again, 68 per cent and they felt less stressed after a call, 68 per cent felt more aware of the personal strengths and 87 per cent felt they were more capable.

"We want post-secondary students in Ontario to know that, if something is stressing them out, it is a big deal and they should seek the support they need. What we've found is that, with growing public awareness about mental health, students are more likely to be willing to reach out about our and health concerns. But many students are still not sure where to turn when they need help," said Van Marter. "We're excited to bring it to the attention of students across Ontario."

Students can access Good2Talk's assistance and resources at 1-866-928-3434. They can find additional information and options at Good2Talk.ca.